



Stuart Trembath, M.A., CCC-A  
Christine Heintskill, Au.D., CCC-A  
Carmen Wicking, HIS

250 South Crescent Drive  
Mason City, IA 50401  
Ph: 641-494-5180  
Fax: 641-494-5180

Tanya Harper Rowe, Au.D., CCC-A  
Rachael Dolezal, M.A., CCC-A

## BALANCE TEST INSTRUCTIONS

You are to be scheduled for a test of your balance mechanism. Certain medications often affect the result of these tests. In order to prevent this from happening, it will be necessary for you to **NOT** take any of the following medications or beverages for one day (24 Hours) prior to the time of the test appointment:

1. Sleeping pills
2. Tranquilizers
3. Antihistamines
4. Barbiturates
5. Alcoholic beverages
6. Anti-dizzy pills
7. Sedatives
8. Muscle relaxants
9. Anti-depressants

Please call our office if you have any questions regarding specific medications you are taking. 1-800-621-6424 or 641-494-5180

**NO EATING FOUR (4) HOURS BEFORE THE TEST. IF DIABETIC PLEASE MANAGE YOUR DIABETES AS NEEDED. A VERY LIGHT MEAL (BREAKFAST) CAN BE EATEN. PLEASE ASK OFFICE AT THE TIME THE TEST IS SCHEDULED REGARDING THIS.**

NO COFFEE OR OTHER LIQUIDS FOUR (4) HOURS BEFORE THE TEST.

NO SMOKING FOUR (4) HOURS BEFORE THE TEST.

NO MAKE-UP.

The balance test is a simple, painless procedure requiring about 1 to 1 ½ hours. Electrodes will be taped near your eyes to make a tracing to determine if you have any balance problems related to head position or to your inner ear. Small amounts of both cool and warm water will be run into your ear canal. The cooling and warming effect of this water may make you a little dizzy. If it does, it will be over in a minute or two. If you wear eyeglasses, please bring them. Contact lenses interfere with the test.

Please dress comfortably; women may desire to wear slacks.

TIME \_\_\_\_\_ DATE \_\_\_\_\_